

The
Health Value
of
Knox Sparkling Gelatine

High authorities prove that KNOX SPARKLING GELATINE has great value in infant feeding, supplies the essential elements for the sturdy growth of children, and improves the health of all mankind through better digestion.

The Health Value OF Knox Sparkling Gelatine

*A*LL the world has long known the appetizing daintiness of gelatine in the form of various attractive desserts and salads, meat, fish and vegetable dishes. Everyone has known how delicious these gelatine dishes taste and how charming they look on a well-appointed table.

But, in the enjoyment of these dishes, few of us have realized the great benefit that we are receiving from them, although eminent physicians have long recognized the dietary value of plain edible gelatine.

As early as 1879, the famous Dr. Abraham Jacobi in his book "The Intestinal Diseases of Infancy and Early Childhood" proved and recorded the highly beneficial results of adding small quantities of dissolved gelatine to the cow's milk for infants and adults.

Dr. C. A. Herter in his book "Infantilism from Chronic Intestinal Infection" also found that the addition of plain edible gelatine to the milk was of great value because of the more perfect absorption of the milk fed.

While these and other eminent authorities who advocated the use of plain edible gelatine, did not determine the exact reasons for the results they recorded, exhaustive tests made with Knox Sparkling Gelatine, *conducted by highly scientific authorities*, clearly explains and proves the great importance of plain edible gelatine in the diet from infancy to old age.



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First of all, it has been proved that Knox Sparkling Gelatine has, in the language of the scientist, a "colloidal action" which means the power to emulsify or break up the fat masses of other foods. When dissolved and added to milk, it prevents the formation of hard curds, (which so frequently cause colic and other stomach disturbances of infancy), and enables the child to get the benefit of the full nutriment of the milk.

Knox Sparkling Gelatine is practically neutral, and such a gelatine must be used for gelatine-ized milk in infant feeding, as a gelatine containing a large amount of acid will often cause the milk to curdle. Knox Sparkling Gelatine is a natural product.

Physicians are also finding Knox Sparkling Gelatine of supreme importance in cases of diarrhea and summer complaint in infants. By helping the little one to assimilate his food, and by soothing the inflamed intestines, it often prevents and invariably retards these dangers of infancy.

Not only does Knox Sparkling Gelatine aid in the complete assimilation of milk but also in the digestion of other foods. This is of great benefit to people of all ages who suffer from dyspepsia, stomach disorders, diabetes, tuberculosis, fever and other wasting diseases where it is necessary to obtain the highest percentage of nourishment with the least taxation of the digestive powers.

On the following pages will be found selected and tested recipes which have all of the dietary requirements for various conditions, and are, at the same time, most delightful even when the appetite rebels at the regulation diet.

Proportions of Gelatine Used in Infant Feeding and Method of Preparation

WHILE it is never wise to change the feeding formula prescribed, and mothers are urged to consult the family physician before making any change in the child's diet, the following methods for adding gelatine to milk have proved valuable in rendering cow's milk more digestible in the infant stomach:

The Approved Methods for Adding Gelatine to Milk

SOAK, for ten minutes, one level tablespoonful of Knox Sparkling Gelatine in one-half cup of cold milk taken from the baby's formula; cover while soaking; then place the cup in boiling water, stirring until gelatine is fully dissolved; add this dissolved gelatine to the quart of cold milk or regular formula.

NOTE. If you are using a condensed or evaporated milk formula follow the same proportions and method as above.

GELATINE FORMULA

(With Barley Flour)

Knox Sparkling Gelatine	½ teaspoonful
Barley Flour	2 tablespoonfuls
Sugar	2 tablespoonfuls
Salt	⅓ teaspoonful

Directions: Add enough water to the above ingredients to make a thin paste, and let stand until gelatine is dissolved. Add this to two cups of boiling water and cook until clear. Remove from fire, and add milk according to age of child, or combine with milk formula that is being prescribed.

It is essential to use Knox Sparkling Gelatine in these formulas.

For infants three weeks to six months old add one-half teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.

For babies six months old and up add one teaspoonful of Knox Sparkling Gelatine (dissolved) to the day's milk formula.

A formula found useful in the feeding of *breast nursing* infants follows:

GELATINE FORMULA

Knox Sparkling Gelatine	½ teaspoonful
Water	1 pint

Directions: Soften the gelatine in half pint of cold water, then add a half pint of boiling water and stir until gelatine is entirely dissolved. Give the infant two teaspoonfuls of this mixture just before the nursing period.

In this case, as the infant nurses, the mother's milk falls into the thin gelatine solution which is in the stomach, thus aiding the complete digestion and assimilation of the mother's milk. Mixture should be made fresh every morning and kept in a cool place, covered.



The Value of Knox Sparkling Gelatine for Growing Children

ANOTHER discovery of great importance is that nature has given plain edible gelatine a large per-

centage of Lysine, which is the element in food that promotes growth and strength.

Some foods are lacking in Lysine. For example, if a child were fed on white bread alone as the only source of protein, that child would not grow normally because of the absence of Lysine, but if in conjunction with white bread, the child were fed plenty of plain edible gelatine this fault would be corrected.

You cannot give a growing child Knox Sparkling Gelatine too often, and there are so many ways of preparing it in attractive desserts and salads, with your own pure fruits and fruit juices, fresh or canned, and with meat, fish, vegetables and even in candies, that it always tempts the appetite.

Especially in the feeding of growing children, fruits and fruit juices combined with Knox Sparkling Gelatine are of the utmost importance. Ready-flavored, artificially colored gelatines cannot provide either the nutriment nor the wholesome vitamine or health value that is contained in dishes prepared with Knox Sparkling Gelatine and your own fruits, either fresh or canned.



Gelatine Dishes Especially Nutritious for Growing Children and Adults

SPANISH ORANGE CREAM

(Makes eight servings)

$\frac{1}{2}$ envelope Knox Sparkling Gelatine	
2 cups milk	1 cup orange juice
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful salt
3 eggs	$\frac{1}{2}$ teaspoonful lemon extract

Directions: Soak the gelatine in milk ten minutes. Place over hot water, and when gelatine is dissolved, add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from range, and add orange juice, salt and lemon extract, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top.) Spanish Cream — page 17.

JELLIED APPLES

(Makes eight servings)

1 envelope Knox Sparkling Gelatine. $1\frac{1}{2}$ cups sugar.
 $\frac{1}{2}$ cup cold water. Juice of one lemon.
 6 apples. $\frac{1}{2}$ cup each raisins and nuts (whole).

Directions: Soak the gelatine in the cold water. Peel and core apples, rubbing them with the cut side of a lemon. Place in saucepan with the sugar and two cups water, cover tightly and cook until tender, being careful to retain the shape of the apples. Drain from the syrup and arrange in a wet mold. Add hot water to the syrup to make three cups and in this dissolve the softened gelatine. Add lemon juice and when jelly begins to thicken, the raisins and nuts, stirring them through the jelly, and pour over the apples. Serve with a marshmallow sauce or with whipped cream garnished with toasted marshmallows and bits of red jelly. Apples may also be molded in tall sherbet glasses for individual service.

CHOCOLATE SPONGE PUDDING

(Makes six servings)

$\frac{1}{2}$ envelope Knox Sparkling Gelatine $\frac{1}{3}$ cup of sugar
 $\frac{1}{4}$ cup cold water 3 eggs. Few grains salt
 $\frac{1}{4}$ cup boiling water 2 squares chocolate or 6
 1 teaspoonful vanilla tablespoonfuls cocoa

Directions: Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually to the whites. Add sugar, then the dissolved gelatine, which has

been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve plain or with milk, whipped cream or whipped evaporated milk.

There is not a child that will not relish and ask for more of this wonderful Chocolate Sponge Pudding. It not only helps to satisfy the craving for chocolate but it is easily digested and is such an attractive way to serve raw eggs.

Knox Sparkling Gelatine will also be found most beneficial when combined with the morning cereal and in broths and soups.



In Cases of Rickets and Scurvy

ONE often finds thin, undernourished, or mal-nourished children suffering from rickets or scurvy. The laboratory tests made with Knox Sparkling Gelatine in combination with such fruits as lemons, oranges, strawberries, raspberries and pineapple, either fresh or canned (not artificial flavors) have proved the power of plain edible gelatine, in combination with pure fruit or fruit juices, to prevent and help to cure rickets and scurvy. It has also been found that these combinations are of great benefit to the nursing mother.

The following recipes are not only delicious, but invaluable as a preventive and corrective diet. Other recipes will be found in Mrs. Knox's book, "Dainty Desserts."

GRAPE JUICE JELLY

(Makes eight servings)

1 envelope Knox Acidulated Gelatine	
$\frac{1}{2}$ pint grape juice	2 cups boiling water
$\frac{1}{2}$ cup cold water	$\frac{3}{4}$ cup sugar
1 cup Malaga grapes, skinned, seeded and cut in pieces	

Directions: Soak gelatine and one-half of the lemon flavoring in grape juice mixed with cold water ten minutes. Add boiling water and sugar, and when beginning to set add grapes. Turn into a mold, first dipped in cold water, and chill. Serve with or without whipped cream. If the Plain Sparkling package is used instead of the Acidulated package, two tablespoonfuls lemon juice must be substituted for the lemon flavoring.

ORANGE GELATINE TRIFLE

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water
1 $\frac{1}{2}$ cups boiling water
1 cup sugar
1 cup orange juice
Grated rind of one orange
 $\frac{1}{2}$ pint heavy cream
1 tablespoonful lemon juice

Directions: Soak gelatine ten minutes in cold water, dissolve in boiling water, add sugar, orange juice, grated rind and lemon juice and strain. Pour one-half the mixture into a shallow pan, dipped in cold water, and chill. Set bowl containing remaining mixture in pan of ice water and stir constantly until mixture begins to thicken; then fold in heavy cream, beaten until stiff. Turn into border mold first dipped in cold water, and chill. Fill center with first part removed from pan and cut in cubes.

GELATINE WITH RASPBERRY JUICE

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
2 cups cold water
 $\frac{3}{4}$ cup sugar
1 $\frac{1}{2}$ cups raspberry juice (scalded)
2 tablespoonfuls lemon juice

Directions: Soak gelatine in one cup cold water ten minutes. Heat raspberry juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar and lemon juice. Turn into a mold dipped in cold water, and when beginning to set mold in fresh raspberries.

LEMON JELLY

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
1 cup cold water
2 cups boiling water
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup lemon juice

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Strain into mold, first dipped in cold water, and chill. Berries, fruits or nuts may be added.

GRAPE FRUIT JELLY

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
 $\frac{1}{2}$ cup cold water 1 cup sugar
1 cup boiling water 2 tablespoonfuls lemon juice
 $2\frac{1}{2}$ cups grape fruit juice and pulp

Directions: Soak gelatine in cold water ten minutes, dissolve in boiling water and add sugar. Strain, and when mixture begins to thicken add remaining ingredients. Do not pour into molds that have been dipped in cold water until jelly is ready to set in order to avoid settling of pulp. Cut in cubes and arrange in baskets made from grape fruit skins.

JELLIED PRUNES

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
 $\frac{1}{3}$ pound prunes 1 cup sugar
 $2\frac{1}{2}$ cups cold water $\frac{1}{4}$ cup lemon juice

Directions: Pick over, wash and soak prunes for several hours in two cups cold water, and cook slowly in same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half cup cold water, dissolve in hot liquid, add sugar and lemon juice, then strain, add prunes, mold and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.



For Indigestion & Stomach Disorders

*A*SIDE from the specific uses of Knox Sparkling Gelatine for infancy and childhood, the investigation also included its value as an aid to general digestion. The experiments were made with human beings suffering with indigestion and other stomach disorders. In every instance, the records prove that not only was the gelatine satisfactorily digested, even in the most stubborn cases, but,

by its protective "Colloidal Action" (power to help break up other foods) greatly aided the digestion of the other foods.

Knox Sparkling Gelatine is, therefore, a very important article of diet for those with stomach disorders. For this purpose it may be prepared plain or in combination with fruits, fish, meat, vegetables, etc., according to the diet to be followed. It may be combined with the morning cereal and added to broths and soups and cow's milk.

A half teaspoonful of Knox Sparkling Gelatine soaked over night in the cream to be used in the morning coffee and dissolved in the hot coffee will be found very beneficial to those who think coffee does not agree with them.

As most of us suffer, from time to time, from the indiscretions of eating, the importance of following a heavy dinner with a delicious dessert or salad prepared with Knox Sparkling Gelatine will be readily understood.

Here are a few recipes that will be found not only helpful in aiding the digestion, but most delightful and appropriate for any occasion.

GELATINE WITH ORANGE JUICE

(Makes eight servings)

1 envelope Knox Sparkling Gelatine	
½ cup cold water	1 cup sugar
2 cups boiling water	1 cup orange juice
2 tablespoonfuls lemon juice	

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice and orange juice. Strain into mold, first dipped in cold water, and chill.

APRICOT SOUFFLE

(Makes eight servings)

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|--|-------------------------------------|
| $\frac{1}{2}$ envelope Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | $1\frac{1}{2}$ cups canned apricots |
| 1 tablespoonful lemon juice | 1 cup canned apricot juice |
| Whites of two eggs | $\frac{1}{2}$ cup sugar |
| | A few grains of salt |

Directions: Soak gelatine in cold water ten minutes, and dissolve in hot apricot juice. Add sugar and lemon juice and when mixture begins to set beat in whites of eggs which have been beaten until stiff. Add apricots stoned and cut in halves and turn into mold, first dipped in cold water and chill.

BLANC MANGE

(Makes eight servings)

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|------------------------------------|-------------------------|
| 1 envelope Knox Sparkling Gelatine | |
| $3\frac{1}{2}$ cups milk | $\frac{3}{4}$ cup sugar |
| A few grains of salt | 1 teaspoonful vanilla |

Directions: Soak gelatine in half cup milk ten minutes. Scald remaining milk with sugar and add soaked gelatine. Strain, cool slightly, add flavoring and turn into a mold first dipped in cold water, and chill. Serve with currant, strawberry, or any preferred jelly. Accompany with sugar and thin cream, or boiled custard. Substitute cream for the milk and the dish becomes "Ivory Jelly."

CHOCOLATE BLANC MANGE

(Makes eight servings)

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| 1 envelope Knox Sparkling Gelatine | |
| $\frac{1}{2}$ cup cold water | 1 quart milk |
| 2 ozs. grated unsweetened chocolate | 1 cup sugar |
| 1 teaspoonful vanilla | Few grains salt |

Directions: Soak gelatine in cold water ten minutes. Scald milk and add sugar, grated chocolate and salt. When sugar is dissolved, add soaked gelatine; then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla, or with plain milk.

LUNCHEON SALAD

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
1 cup cold water ½ cup sugar
1 ½ cups boiling water 3 tart apples
½ cup lemon juice ½ cup pecan nut meats
1 cup celery, cut in small pieces

Directions: Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, cut in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples. Small pieces of sweet red pepper may be added.

FRUIT SALAD SUPREME

(Makes eight servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water ½ cup lemon and orange juice mixed
2 cups boiling water ½ cup sugar
3 cups fresh fruit, cut in small pieces

Directions: Soak gelatine in the cold water ten minutes, and add boiling water, fruit juices and sugar. Strain, and when mixture begins to stiffen, add fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves; accompany with mayonnaise or boiled salad dressing. Substitute vegetables for the fruit and you will have a delicious vegetable salad.

NOTE. By omitting the lettuce and salad dressing, this may be served as a dessert, and raspberry or other fruit juices may be used in place of the cold water to give a different flavor.

Gelatine as an Important Part of the Diabetic Diet

IN ALL dietetic treatment of disease the first and most important point is to follow the directions of your physician. It is the physician who best knows your needs and the correct way that you should be treated.

Diet is the basis for all methods of treating diabetes. Even though one is receiving insulin, as much attention has to be given to diet as formerly. The diet may be more liberal, but one must be careful in its computation and the weighing of the food which is to be eaten.

Because of its great adaptability in adding nourishment as well as appetite attraction to otherwise unappealing diet, Knox Sparkling Gelatine is especially valuable for diabetic patients.

The following recipes, prepared by an eminent dietitian, have been accurately weighed and carefully tested to conform to the most exacting requirements in the treatment of diabetes:

ORANGE AND EGG

(Individual)

Food Value: Carbohydrate, 4 grams.
Protein, 8 grams.
Fat, 6 grams.
Calories, 102.

2 grams or 2/3 teaspoonful Knox Sparkling Gelatine.
20 grams of orange juice or 3½ teaspoonfuls. 1 egg.

Directions: Soak gelatine in orange juice and dissolve over boiling water. Beat egg yolk and add to stiffly beaten egg white. Add the dissolved gelatine and beat constantly until it begins to stiffen.

SPINACH SALAD

(Individual)

Food Value: Carbohydrate, 1 gram
Protein, 8.5 grams
Fat, 6 grams
Calories, 92

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine.
1 tablespoonful cold water. 1 tablespoonful hot water.
30 grams of hot spinach or $1\frac{1}{2}$ tablespoonfuls.
1 egg. $\frac{1}{16}$ teaspoonful citric acid, if desired.

Directions: Soak gelatine in cold water. Dissolve in boiling water and add to hot spinach. Turn into a mold lined with hard cooked egg cut in slices. Chill.

CREAM CHICKEN SALAD

(Individual)

Food Value: Carbohydrate, 1 gram.
Protein, 9.5 grams
Fat, 13 grams
Calories, 159

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine.
1 teaspoonful cold water. 1 teaspoonful boiling water.
30 grams 40% Cream or $\frac{3}{4}$ level tablespoonfuls whipped.
1 teaspoonful of chopped parsley.
 $\frac{1}{16}$ teaspoonful citric acid, if desired.
30 grams of chicken or 2 tablespoonfuls.

Directions: Soak gelatine in cold water and dissolve in hot water then add to the cream which has been whipped. When mixture begins to thicken add the chicken which has been cut into small pieces and the parsley. Turn into a wet mold and chill.

IVORY CREAM DESSERT

(Individual)

Food Value: Carbohydrate, 1.5 grams.
Protein, 3.5 grams.
Fat, 18 grams.
Calories, 182.

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine.
1 tablespoonful cold water.
45 grams of 40% cream or 5 tablespoonfuls whipped.
 $\frac{1}{8}$ grain saccharin.

Directions: Soak gelatine in cold water, add part of cream which has been heated to boiling point, cool, then add remainder of cream beaten stiff.

COFFEE JELLY

(Individual)

Food Value: Protein, 2 grams

Calories, 8

2 grams or $\frac{2}{3}$ teaspoonful Knox Sparkling Gelatine.
1 tablespoonful cold water. 3 tablespoonfuls boiling coffee.
 $\frac{1}{8}$ grain saccharin. $\frac{1}{16}$ teaspoonful citric acid, if desired.

Directions: Soak gelatine and acid in the cold water, add the boiling coffee and saccharin. Stir until the gelatine is dissolved. Mold and chill.

Note — Write to us for additional recipes.



Gelatine Invaluable in Tuberculosis

NOURISHMENT easily and completely absorbed is the first dietary essential for the tubercular patient.

Milk and raw eggs are accepted by many authorities as having great recuperative value. But it is sometimes difficult for the patient to digest milk in the required quantity, and raw eggs frequently cause a revolt that is more harmful than beneficial.

In the research of the specific uses of edible gelatine in the dietary, conducted by Dr. T. B. Downey, Fellow at the Mellon Institute, University of Pittsburgh, it was conclusively proved by feeding experiments that 1% of pure, plain gelatine

(an even tablespoonful) dissolved and added to a quart of milk, will not only make it more readily digestible, but will increase the nourishment obtainable from that milk by 23%. (See formula for adding gelatine to milk on page 4.)

Raw eggs may be so appetizingly prepared with Knox Sparkling Gelatine that even the weakest stomach will welcome them and their benefit will be greatly increased.

Besides the milk and egg combination, here are a few highly nutritious gelatine recipes of inestimable value as an attractive change of diet for the tubercular patient.

SPANISH CREAM

(Makes eight servings)

½ envelope Knox Sparkling Gelatine	
3 cups milk	½ cup sugar (scant)
Whites of three eggs	¼ teaspoonful salt
Yolks of three eggs	1 teaspoonful vanilla

Directions: Soak gelatine in one-half cup milk. Scald remaining milk, and pour slowly on the yolks of eggs well beaten. Add sugar and salt and return to double boiler. Cook until mixture thickens somewhat. Remove from stove, and add gelatine. When partially cool add whites of eggs beaten until stiff. Flavor, and turn into individual molds, first dipped in cold water, and chill. Serve with whipped cream. Spanish Orange Cream — page 6.

BEEF JELLY

(Individual)

½ teaspoonful Knox Sparkling Gelatine	
¼ cup beef juice	1 tablespoonful boiling water
1 tablespoonful cold water	½ teaspoonful salt

Directions: Soften the gelatine in the cold water and dissolve in the hot water; add to the beef juice, and season with salt and a little pepper. Strain into mold. Serve the day prepared. Beef cubes may be used to make the beef juice.

ORANGE AND RAW EGG

1 teaspoonful Knox Sparkling Gelatine
2 tablespoonfuls orange juice Few grains salt
Sugar to taste. 1 egg Flavoring, if desired

Directions: Soften the gelatine in the orange juice and dissolve over boiling water. Beat yolk of egg, adding salt, sugar, and flavoring, and gradually add to the well-beaten white. Add dissolved gelatine, beating constantly. Mold in individual molds and serve with a fruit or a chocolate sauce.

ORANGE CHARLOTTE

(Makes eight servings)

$\frac{1}{2}$ envelope Knox Sparkling Gelatine
 $\frac{1}{4}$ cup cold water 2 tablespoonfuls lemon juice
 $\frac{1}{2}$ cup boiling water 1 cup orange juice and pulp
1 cup sugar Whites of three eggs
Lady fingers

Directions: Soak gelatine in cold water ten minutes and dissolve in boiling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen beat, using a wire whisk, until light; then add whites of eggs, beaten until stiff, and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.



Diet for Fever Patients

Many authorities are recommending Knox Sparkling Gelatine for fever patients because it enables the patient to obtain the maximum amount of nourishment from the prescribed food with least digestive effort, and makes these foods more attractive. The following recipes will be found very useful and practical in fever cases:

SNOW PUDDING

(Makes eight servings)

1 tablespoonful Knox Sparkling Gelatine $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup cold water $\frac{1}{4}$ cup lemon juice
1 cup boiling water Whites of two eggs

Directions: Soak the gelatine in the cold water ten minutes, and dissolve in the boiling water, add sugar and lemon juice. When jelly begins to thicken, beat until quite frothy, add whites of eggs beaten until stiff, and continue beating until stiff enough to hold its shape. Turn into wet mold or small cups and chill. Serve with a boiled custard.

CREAM JELLY

(Individual)

1 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water Few grains salt
3 tablespoonfuls scalded milk 3 tablespoonfuls heavy cream
1 tablespoonful sugar $\frac{1}{4}$ teaspoonful vanilla

Directions: Soften the gelatine in the cold water and dissolve in the hot milk. Add sugar, salt, cream and vanilla. Stir occasionally until mixture begins to thicken. Pour into wet mold and chill. Serve with a custard sauce if desired. This recipe furnishes about 300 calories.

ORANGE JELLY

For recipe — see page 11



*Knox Sparkling Gelatine is
Invaluable for Convalescents*

IF YOU have ever had to take care of an invalid or a convalescent, you know how difficult it is to tempt a jaded appetite with a sufficient variety of dishes that are

dainty and nutritious at the same time. Knox Sparkling Gelatine solves that problem in two ways. First of all, the variety of alternative dishes you can make with it—in combination with milk, eggs, vegetables, fruit juices and broths—is almost endless. They look so attractive and appetizing that the patient is sure to enjoy eating them. Better than that, the recent laboratory tests have shown that gelatine preparations, because of their ease of digestion and their real food value, actually improve the general physical condition of the patients. It is really an ideal food, especially for people with delicate appetites.

In addition to the recipes already given, here are a few suggestions for invalid and convalescent dishes. Other recipes for this purpose will be found in Mrs. Knox's book, "Dainty Desserts."

COCOA CREAM

(Individual)

1 teaspoonful Knox Sparkling Gelatine	
$\frac{1}{4}$ cup cold milk	1 tablespoonful sugar
$\frac{1}{4}$ cup scalded milk	$\frac{1}{3}$ cup boiling water
1 teaspoonful cocoa	$\frac{1}{4}$ teaspoonful vanilla
1 egg	Few grains salt

Directions: Soften the gelatine in the cold milk and dissolve in the hot milk. Mix the cocoa, sugar and salt; add boiling water, stirring constantly. Add gelatine mixture and cook in double boiler, adding slowly the beaten yolk of the egg. Cook until it begins to thicken, stirring constantly. Remove from fire, and when cooled add the beaten white of the egg and the flavoring. Turn into a wet mold and chill. Serve with sugar and cream or whipped cream.

RICE CREAM WITH PINEAPPLE

(Individual)

1 teaspoonful Knox Sparkling Gelatine
1 tablespoonful cold water $\frac{1}{4}$ cup cream
3 tablespoonfuls cooked rice 1 tablespoonful sugar
3 tablespoonfuls hot pineapple juice Salt

Directions: Soften the gelatine in the cold water, and dissolve in the hot fruit juice. Add sugar, and when it begins to thicken slightly, add slowly to the cream which has been beaten until thick. Fold in rice, and turn into small mold. Serve decorated with strips of pineapple. Other fruit juices may be used.

TOMATO JELLY SALAD

(Individual)

$\frac{1}{2}$ teaspoonful Knox Sparkling Gelatine
2 teaspoonfuls cold water Bit of bay leaf
 $\frac{1}{3}$ cup tomatoes Sprig of parsley
1 clove. Few grains salt $\frac{1}{6}$ slice of onion
 $\frac{1}{8}$ teaspoonful vinegar or lemon juice

Directions: Cook tomatoes with clove, bay leaf, parsley and onion eight minutes. Remove vegetables and force tomato through a sieve; there should be one-fourth cupful. Add gelatine which has been softened in the cold water, and when dissolved, the salt and vinegar. Line a mold with a slice of egg or a slice of cucumber cut in fancy shape and pour in mixture. Chill, remove from mold and arrange on lettuce leaf. Garnish with mayonnaise dressing.

JELLIED CHICKEN BOUILLON

(Individual)

Directions: Make a well-seasoned stock from a young fowl, adding celery salt, chopped parsley and onion if an additional flavor is desired. Soak three-fourths teaspoonful Knox Sparkling Gelatine in one tablespoonful cold water five minutes, and dissolve in one tablespoonful boiling water. Add to one-half cup hot chicken stock and chill. Beat slightly with a fork and serve in a bouillon cup.

NOTE: If it is desired to serve this bouillon hot, add gelatine just the same, as it thickens it and gives more body to the broth.

Gelatine in the Protection of Health

MANY of the ills of life have their beginning in the improper assimilation of the foods we eat.

Frequently you hear people say that certain foods do not agree with them. But you never heard anyone say that gelatine did not agree with them.

No matter how delicate the stomach, nor how sensitive the digestion, pure, plain gelatine never causes the slightest distress or disturbance. Furthermore, gelatine in combination with other wholesome foods, will, because of its protective "Colloidal" ability, very largely influence the easy digestion and assimilation of the other foods. For this reason alone, and entirely aside from its delicious, appetizing qualities, Knox Sparkling Gelatine should form an important part of every meal, as a dietary protection to health.

For breakfast, if combined with the cereal, it will greatly increase the nutriment obtainable from that cereal.

For luncheon, the most exquisite and satisfying dishes may be prepared with Knox Gelatine, which will fully sustain the body without putting a mid-day burden on the stomach.

For dinner or supper, Knox Gelatine may be used in many beneficial ways, either in preparing the main meat or vegetable dishes, or desserts or salads. It will assist the digestive machinery and insure a more complete assimilation of nourishment from the heavier food, thus strengthening the body to resist the attacks of disease.

Gelatine as a Daily Delight

DO NOT look upon Knox Sparkling Gelatine entirely as a health food or medicine. Remember that the great chefs and millions of women are using it daily in the preparation of an endless variety of appetizing dishes so delicious that they are almost irresistible.

Not only are there hundreds of wonderful recipes for you to follow, but being unflavored and unsweetened Knox Sparkling Gelatine gives you unlimited opportunities for originality in serving attractively every-day foods, as well as for the home-making of wonderful candies which the children or anyone may eat with real benefit.

Another advantage in using Knox Sparkling Gelatine is that it is free from artificial, chemical coloring matter. This transparent purity enables the housewife to utilize the wholesome juices of berries, fruits and vegetables. For example, the juice of the beet will lend a most beautiful red, and that of spinach a most appetizing green; all of which adds to the attraction of the table.

It pays to consult daily Mrs. Knox's recipe books "Dainty Desserts" and "Food Economy." Women everywhere have always found them an indispensable guide in making meals more attractive.

These books will now be prized more than ever because of the knowledge that good health goes with the supreme appetite attraction of Knox Sparkling Gelatine.



These two packages of KNOX SPARKLING GELATINE represent the gelatine that was used in this scientific investigation. Both packages contain the same kind of Plain Edible Gelatine and make the same quantity—FOUR PINTS of jelly. The Acidulated package contains an added envelope of Lemon Flavoring, which saves the time and trouble of preparing lemon juice.